



COLMAN-EGAN SCHOOL #50-5



"HOME OF THE HEALTHY HAWKS"



Eat your colors!



The Colman-Egan School adopted its Wellness Policy and is on its way promoting and protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

A weekly note, "Healthy Hawks," is printed for students, parents, and community members. This note is published on our school website <http://www.colman-egan.k12.sd.us/> then click on Healthy Hawks. This note contains information about 5-A-Day, 3-A-Day of Dairy, Team Nutrition, Recipes, etc.

The weekly Healthy Hike corresponds with P. E. and Health classes. Grades K-8 "hike" twice a week – students walk between $\frac{1}{2}$ to $1 \frac{1}{2}$ miles each time. Each class is challenging other classes in the amount of walking they do. Some do extra walking at recess time, some during study halls, and others during health and P.E. class. Classes are mapping the distance they walk and at the end of the school year the class that walked the farthest distance will be rewarded.

The C-E Elementary Daily Announcements features nutrition facts and a Trim & Tasty Snack Idea is always mentioned in the announcement. Click on the elementary website <http://bh006.k12.sd.us/announcements.htm> and click on the day of the week.

The school is sponsoring a first ever "Calcium Carnival" on November 17. There will be lots of games, activities, information booths, and lots of "cows, cheese, and calcium!"

